2: Read E-5 (1935-1939) 1956
FR5 Ngoni FR5

extended to his brothers' sons, especially if their father was dead. Following the same pattern, a man's sons who were away at work sent back money to their father who bought cattle with it, or spent it as the sons asked. It was clear in the 1930's that Ngoni men rarely sent money directly to their wives, though they frequently asked their father to give money to their wives and to buy for them cloth or needed household equipment.

Within the larger orbit of the male family responsibilities women had their more restricted but clearly defined sphere. At a woman's confinement she was looked after by her husband's own mother, aided by his other mothers and by his sisters if they were present in the village. At the 'coming out' of the new member of the family, ten to fourteen days after birth, the woman and the baby, bathed and ritually cleansed, were seated on a mat outside the hut and presented to the male members of the father's family who gave small gifts to the baby. If it was a boy, the father's mother generally carried it to the gate of the kraal where the men were sitting, to present it to them as one who would eventually herd the cattle. On this occasion, or soon after, the child's name was chosen, usually by the father's father, who prepared and gave to the mother a calf-skin or goat-skin for carrying the child in. The meat of the animal was cooked by the father's mother and a small feast was held for the father's mothers, sisters, brothers and their wives, and any others of the father's family who had helped in the confinement.[1] After the child had thus been acknowledged in its father's family circle, the mother took the baby to visit her own family, who also gave it presents.

During the rearing of the child, its father's female relatives assumed responsibility for giving the young mother advice. The father's mother was expected to note the stage at which the child should be weaned, always if possible before the mother's next pregnancy. If the father's mother was unobservant, the other senior women of the husband's family would rebuke her and say 'Look now you are foolish because the child has been endangered. You are like an enemy to it.' These women then took the initiative and insisted on weaning the child. They said to the baby's mother 'We want to wean the child.' They made a paste of ground chillies and put it on the mother's breasts and covered them with a skin or cloth. The child was taken from her after it had tried to suck and had been refused, and given to the father's mother or sister, who looked after it with the help of a nursemaid. It was fed on cow's milk, *amasi* (milk curds), and gruel.

The publicity given to the weaning and the initiative taken by the senior women of the husband's family were intended to inform others in the village that the parents were now free to have another child. This was one aspect of the old Ngoni form of family planning and, in describing

[1] This feast was also held when a carrying cloth was given instead of a skin.

3: Read E-5 (1935-1939) 1960
FR5 Ngoni FR5

because it was implied that her family had not given her good instruction and advice before marriage. 843 152

The birth of the child

When the senior women were satisfied that labour was about to begin, they took charge of all the preparations. They first sent out of the hut all the things belonging to the husband, his clothes, axes, spears, shields, and all the good mats, pots [422] and baskets. Only old mats and clothes and pots were used during labour, and the hut was henceforth unclean and [846] forbidden to the husband and to all males. The mother-in-law directed operations, with the help of her co-wives, the wives of her husband's brothers, widowed sisters of her husband, and some of the wives of the younger generation. The women who took an active part in the actual delivery were the older ones, but several younger women came to assist, or look on, and to encourage the young wife. 844

She was made to sit on a mat leaning back against the knees of another woman, and the experienced 'midwives' were in front to receive the child in their hands. She was told to bear down and sometimes given a bark rope tied to the rafters to pull on. Though she might be in great pain, she was not expected to cry out or even to groan. The older women talked to her encouragingly, and wiped her face, or gave her a little water to drink. After the birth, the woman knelt forward leaning on her hands until the placenta was born. It was buried in a hole, in the floor at the back of the hut on the women's side.

The baby was washed by a senior woman and oiled with castor oil. The cord was tied with thread and the baby was given very thin gruel made of finger millet fried and ground. [853] This was intended to act as a purgative to get rid of the mucus in the stomach. After this had been ejected, a tiny bit of the sour milk curds was put in the baby's mouth.

The mother was washed and covered with a cloth and left to rest, while the women folded up the delivery mat

3: Read E-5 (1935-1939)1960
FR5 Ngoni FR5

844 ready for burning, and generally cleaned up. The fire in the middle of the hut was rekindled to warm the mother and [262] baby, and gruel was given to the mother of millet flour, brought from the mother-in-law's hut where it had been cooked. With the help of the other women, the mother [853] washed her breasts with warm water and managed them to make the milk flow, ready for the child to suck.

845 The other ethnic groups surrounding the Ngoni in Nyasa- [184] land considered it disastrous if a child was born face down or with the buttocks first, and twins were dreaded as ill omens. The Ngoni shared none of these beliefs and were particularly considerate for the mother of twins, often killing [262] a beast to give the mother meat and broth to increase her [853] flow of milk. The only notice the Ngoni took of the method of presentation at birth was that they gave a child a name [553] indicative of such a birth. They gave special names for the first and second twin born. If one twin died it was buried under the veranda of the hut and a smooth stone was placed [766] on top. This stone was used for sitting on, and the surviving twin was held on it when being washed.

Ritual and social uncleanness

846 From the time just before the birth took place the hut and 783 everything in it, and the woman and her new baby, were considered ritually unclean. If she had to leave the hut to answer the call of nature, she covered herself with a cloth from head to foot and avoided meeting anyone. She did no cooking herself until the ritual uncleanness was removed. Food was brought to her from her mother-in-law's hut or from her co-wives' huts, a special dish was used and washed separately, and she did not use her hands to eat with but a wooden spoon which was also washed separately. During the period of seclusion within the hut one of the senior women who helped at the birth slept in the hut with the mother and baby. No other young children were allowed to sleep in the hut, though they might come in to see the baby. All males

3: Read E-5 (1935-1939) 1960
FRS Ngoni FRS

over the age of ten had to avoid the hut and its inhabitants altogether. The husband slept either in the boys' dormitory or with the husband of the woman who was looking after his wife. 846 783

This ritual uncleanness extended to any food once it was carried into the hut. Ngoni women used to demonstrate their love for their husbands by stopping cooked food being carried into the hut, and sending it instead by the child who brought it to her husband where the men were gathered at the gate of the kraal. [599]

Ritual cleansing of a hut and its occupants took place in stages. At the time of 'bringing out the child', which I shall shortly describe, the hut itself was made clean again. It was thoroughly swept, and the floor and veranda were smeared with cowdung. Cowdung was used habitually for smearing on floors, prior to polishing them with a smooth stone. But fresh wet cowdung rubbed on the hands was also used for ritual cleansing after some 'dangerous' act such as touching sacred objects or administering the royal medicines. In the case of its use after childbirth it was undoubtedly used in the ritual sense, for the operation was called 'making the hut safe for the husband to sleep in'. The household goods were then put back in their places, anyone could go into the hut, and the husband returned to sleep there, though on a separate mat on his, the right-hand side, of the fireplace. If the child was a first baby, the husband's return to sleep in the hut was delayed, since the senior women stayed on to instruct the young mother how to take care of the baby at night, and especially how to be careful not to smother it as it lay beside her on her mat. [237]

'Coming out of the hut'

The falling of the cord was the signal that the baby was ready to 'come out of the hut' and be presented to the village. Ngoni women used to hasten the falling of the cord by burning a maize cob, and squeezing into the ashes the juice of the 846 851 278

3: Read E-5 (1935-1939)1960
FR5 Ngoni FR5

small bitter thorn apple and mixing in castor oil. This was applied with a feather to the baby's navel.

When the cord dropped the baby's head was shaved, and the mother shaved a little hair round her temples. Then they washed carefully, using sweet-smelling soapy leaves, oiled the baby's skin, put on clean clothes, and came out of the hut door and sat on a clean mat outside. This first public coming out of the hut took place in the late afternoon, so that the men, after their work was finished, could come to 'salute the new stranger'. The husband and his brothers were the first to come, and this was the first time he had seen the baby. They brought small presents such as a fowl or a basket of flour, and always strings of beads which were tied round the baby's wrists and ankles, neck and waist. The word used for these little gifts was 'to give a present just for pleasing', and Ngoni Christians when speaking of such presents to new babies likened them to the gifts brought by the Magi to the infant Christ.

While the husband and his immediate kinsmen came to greet the baby at the hut door, the senior men of the village stayed by the gate of the kraal. After the cattle had come back that evening and the kraal gates were shut, the grandmother carried the baby to the gate and presented him to the senior men who responded by giving small presents to the child. This was always done if the baby was a boy, but sometimes omitted for girls.

When small children seeing the new baby on its mother's lap asked where it came from, they were always told that the mother had found it by the river in the rushes on the bank. The object of this reply, so Ngoni women said, was to hide the secret of birth from the children and stop them asking further questions. The Ngoni culture pattern of childhood innocence required that children should be kept in ignorance of birth and sexual intercourse while they were young. By adults therefore they were put off with stories of finding the baby on the river bank. As usual, however, in

4: Barnes E-5 (1946-1949)1951 FR5 Ngoni FR5
Mpezeni

uniting a married couple are weak as compared with say, the Bemba.[31] The bride is anointed with gall, and carries the gall bladder in her hair back to her own village as a sign that she has been through the marriage ceremony and has been instructed in her wifely duties by her husband's kinsfolk and neighbours. But the husband himself is usually not there, 'that day is not his work', and I once saw a man quietly drinking on one side of the village while his bride was being anointed on the other. In general it is not until much later that husband and wife appear together in ceremonial situations. The personal association of husband and wife begins in darkness and the privacy of the hut. Later the wife will have validated her status as a married woman, and can appear as such in public alongside her husband without embarrassment.

It is when a woman is pregnant that her husband's actions are most liable to affect her mystically. In general a man may commit adultery and his wife has no case against him; but when she is pregnant he is under a moral obligation to sleep only with her and, if he is a polygynist, with his other wives. His adultery endangers her life, for it is believed that her labour will be difficult and she or the child may die. The pregnant woman is in mortal danger if she herself commits adultery and there is a common obligation of fidelity on both man and wife throughout pregnancy, accompanied in the eyes of some people by a positive obligation to copulate together so that the foetus may grow strong in the womb. When labour proves difficult, the midwife calls on the husband to confess the adulteries he committed while his wife was pregnant so that the child can be born. She may also tell the woman to confess.[32] If the child is born dead, the woman's relatives begin to suspect that the man confessed only some of his adulteries and concealed others, thereby killing the child. We have already noted that if the woman dies the husband must offer a beast to her kinsfolk (pp. 39f).

From the birth of the child until its umbilical cord has fallen off and it has been doctored, the husband should not sleep with anyone at all, not even with his other wives. He can resume sexual relations with them after the cord has fallen but he does not sleep with the mother of the child until about three months after the birth, when he has ritual intercourse with her and the child is again doctored. While the infant is sleeping the husband has *coitus interruptus* with its mother and allows his semen to fall on her thighs. She smears the semen over her thighs and then takes up the child and gives it to her husband, who rests it on his hips. After a moment he hands the infant back to his wife who also rests it on her hips. The child is then put back to sleep on the mat beside the couple. This ritual intercourse is obligatory in that if it is omitted it is believed the child

[31] Cf. Richards, op. cit., p. 113.
[32] Cf. Rattray, op. cit., p. 105, and H. F. Barnes, 'The birth of a Ngoni child' *Man*, xlix (1949), p. 89.

4: Barnes E-5 (1946-1949)1951 FR5 Ngoni FR5
Mpezeni

will die. The child is in danger from the illness known as *mdulo* throughout the period from birth until the resumption of intercourse between its parents. It is not until after this ceremony, known as 'taking up the child' [83] that the mystical link between man, wife, and child is broken and the man free to commit adultery without mystical retribution. Thus while there are definite rights and obligations between husband and wife which can be enforced in the courts or are susceptible to the pressure of public opinion there are also in the critical situations of pregnancy and childbirth other mystical forces operating which unite the couple to a greater extent than at any other time. To a lesser extent the same principle operates when a woman menstruates. Her husband is in danger from her menstrual blood. She may not lie on the same mat with him and if he has a bed she must lie on the floor. If he has intercourse with her while she is menstruating he will contract an illness called *lugola* [84] whose symptoms are a very black face, nasal discharge, and continual feeling of cold. After death a man's widows are in danger of *mdulo* if they commit adultery during the first month of mourning.

We see then that the relationship between a man and his wife is partly defined in legal terms, with mutual duties and rights that are enforceable in the courts. This relationship is documentated and validated by the transfer of money and cattle from one group to the other and by the performance of the various marriage ceremonies. Because of the relationship between them, man and wife live together, sleep together, eat together and work together. But above all, together they produce and rear children. It is primarily because of these children that the kin of man and wife are concerned in the marriage relationship. It is during the long process of producing children that the two spouses are most closely associated with each other, and actions of the one in some mystical way directly and automatically influence the well-being of the other.

When a marriage grows out of flirtation between a young man and a young woman, there is at first sexual attraction between them. With the passage of time this may give place to a broader sentiment of mutual affection and respect. To this extent we may say that man and wife come to love each other. But whereas young men frequently discuss with other men the attraction they experience towards women, unmarried or married, they do not do this when they have settled down and begun to acquire prestige in the community. A man may quarrel with his wife in public, but he never expresses his affection for her, save in the intimacies of the hut. Men and women mourn their spouses with great lamentation at funerals, but while this may sometimes be the expression of a personal

[83] *Kutola mwana*. Cf. *kutenga mwana* among the Cewa.

[84] Cf. Read, op. cit., 'The moral code . . .', p. 19, where she describes a medicine called *ugola* with which men doctored their wives so that their lovers would die of a wasting sickness. Also cf. Zulu *ulugola*.

4: Barnes E-5 (1946-1949)1951 FR5 Ngoni FR5
Mpezeni

a faithful woman whose husband stays away many years does not bear children, but they do not condone infidelity. The prolonged absence of men which leads to this unsatisfactory situation is seen as part of the disruption of the old order by the coming of the Whites. It is they who are responsible, both for the lack of children in marriages where the woman is faithful and for the occurrence of adultery in marriages where she is not. The virtue of bearing children and the virtue of fidelity are values in conflict and the Ngoni see only one solution, the ending of labour migration. This conflict appears with particular force when a man goes away leaving his wife pregnant. This action is in itself hazardous, for the man will not be there at the time of birth to confess his adultery, yet men do go away knowing their wives are pregnant. If a live child is born, it must be protected by the rite of 'taking up the child'.[1] If this is neglected the child may die, and it is in the interests therefore of the man's relatives as well as the woman's that it should be performed. The only consistent line of action is to ensure that the medicines which can be used as a substitute for the rite are available to the woman. These medicines are expensive, and relatives may be reluctant to find the money for them, particularly as the whole procedure is under the ban of the missions. The only other solution is for the woman to take a lover with whom she performs the rite. If they are caught, the excuse that they were sleeping together merely for 'taking up the child' is not accepted. Here the same conflict and the same attitude are seen as when a woman has an impotent husband.[2] To achieve a desirable end the woman must commit adultery; but woe betide her if she is caught in the act.

There is an important difference between the way in which the kinsfolk act at the level of village discussion and their behaviour later when matters are referred to the court. In the village they are fairly free to act without reference to the absent husband. They can give advice and can attempt to enforce mutually agreed damage payments of chicken, acting in the light of their opinion of what is in their own interest and in the general interest of their kinsman. They cannot deal in this way with divorce or with large damages for adultery. These matters must be referred to the court and here much more deliberate attention is paid to the wishes of the absent man. If a case of adultery is brought by the man's kin, the court enquires about the wishes of the husband in the matter. The husband's kin must produce a letter from him authorizing them to proceed against his wife and he must say in the letter whether he wishes to divorce her or merely to claim damages for adultery. The case is usually adjourned for three to six months while this is done. A woman who pleads for divorce on the ground of her husband's desertion is similarly told to write to him informing him

[1] See above, pp. 45f.
[2] See above, p. 34.

6:Rattray E, G-5 (ca. 1900) 1907 FRS Ngoni FRS

If a female child, "You have seen a basket." Then the man comes and sits down on the verandah and makes fire. The old fire in the hut is thrown away. The old woman takes up the new fire and kindles with it a new fire in the hut. The husband goes away to another hut. He does not now cohabit with any of his other wives until his wife, who was confined, is seen again in public.

II. When they know the umbilical cord is going to break, when they set the infant on the knees (legs), they lay it on its side so that when the cord breaks it will fall on one side; for if it breaks and falls on the pubes the child will be impotent, or barren. The umbilical cord they bury on the verandah. That day is the one on which they shave the mother and child. They begin with the infant and they shave the mother. On shaving the infant's head they leave a little hair on the fontanel, and should the infant be of the clan *Maseko*, they also leave a little patch on the back of the head, and then his godmother gives the child a name, saying, "My grandchild's name is so and so." This name it will have until such time as it begins to laugh and notice people, then the father, should he wish, will give the child another name. When it grows up still farther it will give itself a name, saying, "Now I am so and so." When the child becomes a man he will once again discard his old name and take another. And if a person calls him by the old name, he says, "He has named me by that thing the wild bush-pigs unearth while digging with their tusks" [meaning something very old]. When they have finished the shaving, the child's grandmother powders some medicine called *pfundabwe*, this she mixes with castor oil and red clay, and then rubs on the fontanel. This medicine they continually renew. When the infant gets strong and big they stop. The

6 Ratray E.G-S (ca. 1900) 1907 FR5 Ngoni FR5

reason they put on this medicine is that they fear the sun lest it strike through the skull. They also take a purgative medicine called *chizura*, and pour a decoction in a gourd used for cooking the infant's gruel. The gruel is left off once the child gets strong.

III. Now they prepare to steam the infant. They get the roots of the *Njalinse* tree and the leaves of the *Chipungenyungu*, and put them in a pot of water, and get four large white pebbles, and put them in the fire, and when they are red hot, lift them out between two pieces of stick, and drop them into the pot, and the steam envelops the infant. They do this because they fear a disease called *Tsempo* and *Manka*. This done, the floor of the hut is replastered [with dung], and they set fire to everything that was left in the hut—baskets, potsherds, and spoons. The fire in the hollow in the centre of the floor, they rake up on the floor level, and remove the ashes only, but when they come to fasten the *mkuni* belt round the infant's waist, the fire is completely extinguished, and rekindled from that of some other hut. Then the husband comes and stands upright near the doorway, and little cuts are made on his leg. They begin with his big toe, and cut four little slashes, and four on his shin, and four on his knee, both sides, and do the same on the other leg, and on his chest are cut two little gashes, and on his back two. Into these cuts is rubbed some medicine for a disease called *Chinyalo*. When they do this they fear, should the man step over the spot on the verandah where the umbilical cord and afterbirth are buried, he might take this disease of the legs (Chinyalo). If the man have another wife it is she who twists the belt made from the bark of the *Mpoza* tree and places it underneath the mat where she and her husband sleep. Next morning

6:Rattray E, G-5 (ca. 1900) 1907 FR5 Ngoni FR5

846 she rises early to go and fasten the belt on the infant. Should the man not have a second wife, the one to put the belt on the child is his (the man's) sister. The man does not immediately see the face of his child; some day these same old women make him take it in his arms [hands]. The father then makes them a present of beads.

854 852 301 IV. When they notice the infant is beginning to grow his bottom teeth and to smile at people, the elders tell the father that, "Now you must bring the child into the village." The child's grandmother ties up beforehand some *lizango*. She begins with a little strip of calico, and rolls it round and round the medicine charm and along with a piece of string; then takes a little piece of skin and sews it over this, and takes some beads and sews them on the skin. The mother cooks some relish beforehand. That evening the husband and wife sleep together (this is "to bring the child into the village.") She cuts off the old belt the child is wearing, and puts on the new one with the *lizango* medicine in it, some more of the medicine, similarly tied up, is placed under the infant's head. In the morning she takes the relish to present to the two old women, and then takes the *lizango* she had placed under the child's head and ties it round his neck, and then takes a belt of beads, interspersed with little wooden charms, and adorns the child. [789] When in time the *lizango* belt breaks, they do not look for it or replace it. In the event of an infant dying before he has been "brought into the village," 766 they bury it in some open glade, near the edge of some stream, its funeral is attended by women only. Should a man tramp over the spot where the child [753] is buried, he "has taken" the disease known as *nyesi*. Such a grave is known as *nsenye*.

4: Stanmus D-5 (ca. 1909) 1910 FT7 Yao FT7
Ngoni FR5
Maravi FR4

Women wear their cloth folded across the upper level of the breasts from right to left. Men and women often have two cloths, one over the loins, only the second fastening over the chest. M Y N 291

A menstruating woman also wears a small piece of calico corresponding to a diaper supported by string round the waist.[1] The same thing is worn after childbirth for six months. Angoni women always wear them. M Y N [341] [346]

The Angoni, Chipeta wear their cloth toga-fashion, carrying a fold of cloth on the left arm. An Angoni *chief* wears three cloth, blue, white and coloured, the first outside, the last next to the skin.

The material used is now practically everywhere European-made calico, formerly bark cloth only was used by Nyanja, though weaving had been accomplished by Angoni, where skins were and are used as articles of clothing. M Y N [346]

There is nothing to distinguish men of various grades, etc. Fashion at the present time is very capricious—some patterned cloth being much worn one month will have no sale a month later; this is true both of men and of women.

There is no clan uniform, and no "costumes" are worn save in dancing (*q.v.*).

Men are now seen wearing a piece of calico twisted up on the head in turban form, a custom lately introduced from the coast—the only indigenous head-gear is the string skull-cap worn by Angoni widows. N [389]

Under the heading of dress must be included the bead aprons worn by Yao and Angoni. Among the former the use of this garment is restricted to the women, who in the house sometimes wear nothing else; among the Angoni the children often have them and no other clothing.

Sandals are sometimes made of skin and fastened on the foot with a thong when crossing thorny country.

Among Angoni the *wunde* only used to be worn; this is a small hard-coated fruit which was hollowed out and worn just covering the glans penis. N 291 [324]

Food, etc.

The staple food throughout the country is either maize or rice, the latter only at various spots on the lake shore where it can be grown. Two final meals per diem are taken, at 9 or 10 a.m. and again at 6 p.m.; each consists of *nsima* porridge made from maize flour or rice flour or boiled rice with some *ndiwo* (relish) to which the salt is added. At odd times the native will eat anything that opportunity offers—a piece of cassava root, a boiled sweet potato, a roasted maize cob, etc. M Y 262 [264]

The *nsima* is made by stirring flour (*ufa*) into boiling water till a stiff paste is formed; this is kept cooking for five minutes and then scraped out with a wooden M Y 252

[1] Diaper = *mthete*: a woman keeps five or six; they are never put away in baskets but always hung up; a woman changes every time she bathes, using two or three per diem; they may be given to a female child to wear, but are then not worn again by a woman.